

FEELING DISCONNECTED? PUT THE PIECES BACK TOGETHER

www.militarymentalhealth.org available for free online mental health self-assessment

Your spouse is far away and you have to fix dinner as well as the broken washing machine. You resent the distance but honor the sacrifice. You are a military spouse and you give for your country each and every day.

But while you are taking care of all that is around you, take a moment to decide if there are things within you that may also need to be cared for. The stress and strain of distance and military service is real. Sometimes emotions are hard to pin down. Your resiliency frays and the sadness and anger come.

Perhaps it is just a bad day. Perhaps it is more. The military is offering a new program to help you privately determine the status of your emotional wellbeing. Visit www.militarymentalhealth.org and take a free, anonymous self-assessment for depression, anxiety or alcohol use.

<PLACE QUOTE FROM LOCAL LEADER OR SUPPORT PROFESSIONAL
HERE>

Self-care is an important component of resiliency. Taking stock of your emotions and seeking help are signs of courage, not weakness. The self-assessment is a place to start and a way of connecting when you are feeling disconnected. Visit www.militarymentalhealth.org.

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